

## [FATS FOR WEIGHT LOSS](#)



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No, we re not talking about the awful food relatives force us to eat at the holidays. We re talking about getting the fat on your plate: A new report from the Credit Suisse Research Institute found that more and more of us are choosing whole-fat foods over skim, lite, fat-free or other modern monikers of leanness.

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Eat these healthy fats to prevent hunger, rev your metabolism and lose belly flab fast.

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### **A List of Good Fats Vs Bad Fats for Losing Weight**

Weight-Loss Calorie Needs. The amount of healthy fats you should eat during weight loss depends on your calorie needs. Eating 500 to 1,000 fewer calories than your usual intake helps you lose 1 to 2 pounds weekly. However, women need at least 1,200 calories daily and men require a minimum of 1,500 calories per day to safely lose weight without the need for medical supervision. The USDA Dietary Guidelines for Americans recommend that fats make up 10 to 35 percent of your daily calories.

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### **7 Healthy Fats To Eat For Weight Loss Get Healthy U**

Chia seeds, for example, are great for weight loss as they are full of fiber, omega-3 fats, magnesium, potassium and iron. They re also fairly low in fat, with only 5 grams per 2 tablespoons. They re also fairly low in fat, with only 5 grams per 2 tablespoons.

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**Fat Fast Diet Menu for Quick Weight Loss All Natural Ideas**

But weight loss of five pounds or more is not uncommon. Remember, though it s fat loss you want, not weight loss. In fact, you ll likely regain some of the weight once you stop a fat fast and start eating more protein again.

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